



Exchange 09-10



I hope you're all staying active with the National Programs. Here's your information on the National Programs for February and March.

February's National Program is Dynamic Leadership. Dynamic leaders are people of good character. They tell the truth, keep promises, and have the moral courage to stand up for their beliefs, even when it is hard to do so. They respect others and themselves. They accept responsibility and do what they are supposed to do. Dynamic leaders are fair and play by the rules. They care about others and are considerate and forgiving.



They cooperate and build a better community. Be sure to be the most Dynamic Leader possible!

March's National Program is STAR Events. The Indiana FCCLA State Officers decided this National Program was more than appropriate with State Leadership Conference taking place in March. STAR Events

(Students Taking Action with Recognition) are competitive events in which members are recognized for proficiency and achievement in chapter and individual projects, leadership skills, and career

preparation. Students use the FCCLA planning process to develop displays, manuals, and scrapbooks. There are 22 Star Events ranging from Applied Technology to Parliamentary Procedure. Descriptions of each event can be found on the National FCCLA website.

Members don't forget to share your National Program ideas with each other by posting them on the Indiana FCCLA Face Book page. See Y'all at state!
-Hanna Kane



Wait! Don't give up on this school year just yet! There's community service to be done! Have spring fever? No worries, most of us do! Look around your community; see if there is anything to be done, for example; volunteering at a home-

less shelter, planting flowers for the elderly, or if you enjoy the snow, shoveling people's driveways for no charge! Be the local dog walker, include your friends and have fun. Make hot chocolate for the homeless, or do a project for the Na-

tional Outreach Project, Children's Miracle Network! Whatever you do, make sure that you remember, spring is just around the corner.





ARE YOU
READY?! Indi-

ana FCCLA State Leadership Conference SURVIVOR edition is coming to you soon! Join us March 4-6 at the Wyndham West hotel. Compete in STAR Events, State Projects, District Challenge, and much more. Listen to motivational speakers, join the

dance off at Club FCCLA, and show us how you do the hula at the FCCLA island party! Watch and see how your chapter and others have helped others survive the waves of life this year. Have fun, be inspired, and become the ultimate leader! The

weekend awaits you...

-Jenny Abplanalp



Alumni & Associates Information

The Alumni & Associates division of FCCLA is an important and vibrant part of the organization. Although we have an amazing group of A&A that help with State Leadership Conference, not much is done during the rest of the

year. We hope to change that! Please mark your SLC calendars for Friday, March 5th from 8:30 – 9:30 pm for an A&A organizational meeting. [Consult your SLC program for room assignment.]

Please bring your

ideas for jumpstarting the Alumni & Associates program in Indiana. Snacks will be served. Indiana FCCLA turns 65 next year and we want an amazing A&A presence. For additional information on the Alumni & Associates

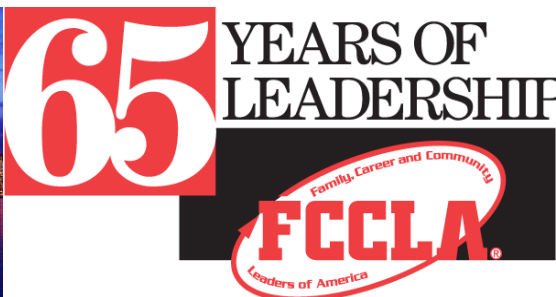
program and this meeting, please contact Teresa Mankin, tmankin@wiley.com or 317-572-3498.

Are you ready to get the full Leadership Experience?

Join the 2010-2011 State Officers at Avon High School on July 30th. Participate in the State Leadership Academy and become an ultimate leader. More information coming to you soon!

Join Indiana at the National Leadership Conference

Celebrate Independence Day & 65 Years of Leadership in Chicago, Illinois July 4-8, 2010! More information coming your way at SLC!



FAREWELLS-

Indiana FCCLA,

It has been my Ultimate pleasure serving as your state president. It's been wonderful getting to know you all through the years. I sure have made friends and memories to last a lifetime. Even though it's time for me to go I know Indiana FCCLA will continue to be amazing and make an impact in the lives of many. Never forget to be a leader in a world of followers and help others be part of it.

Dream Big,

Jenny Abplanalp

Jenny Abplanalp
2009-2010 Indiana FCCLA President



To Indiana FCCLA:

Thank you all for making this such an awesome year! An organization's greatness is determined by the level of leadership demonstrated by its members. As we all know, this means that Indiana FCCLA is the best out there! I have had an exquisite year serving as your State Vice President of District Coordination. All of your hard work this year will pay off at our State Leadership Conference. I know all who attend State Leadership Conference will have a blast! I will leave you with a quote I read once in a book: "Full many a flower is born to blush unseen." Do not let yourself or those around you be that flower. Realize your potential and use it to do good things to improve your life and the lives of those around you. My year as a state officer could not have been so wonderful without all of you!

Kelsey Kramer

Kelsey Kramer
Vice President of District Coordination



Indiana FCCLA,

When joining FCCLA in 7th grade I didn't imagine I would come this far. This year has been the best year of my life from Leadership Academy to planning meetings with the State Executive Council. Since becoming an officer I have met our state's amazing members and advisors that make FCCLA thrive and live by its principals. I am truly honored to have had the chance I did to serve you all this year as the 2009- 2010 Indiana FCCLA First Vice President. Don't ever forget that Leaders aren't born they are made. They are made just like anything else, through hard work. And that's the price we have to pay to achieve that our goals.

Love,

Hanna Kane

Hanna Kane
2009- 2010 Indiana FCCLA
First Vice President



Indiana FCCLA,

Thank you so much for the wonderful opportunity that you have provided for me. Through FCCLA I have grown as a leader, but more importantly, as a person. I am proud to say that I am part of the Indiana SEC, we have done a fantastic job this year and leaving will be tough. I would like to thank the members of Indiana FCCLA, without your individual skills and abilities; Indiana FCCLA wouldn't be the success that it is today, thank you so much. I want to remind all of you that while this school year is ending, a new one is beginning, remember to be a strong leader in your school and community. Take new chances, try new things, and become the ultimate leader. Well Indiana, it's been a whale of a good time serving you as Vice President of Community Service, I appreciate your hard work.

With much gratitude,

Erika Humphrey

Erika Humphrey
Vice President of Community Service



THANK YOU-

I would like to thank the many people who have helped me to get where I am today. Without them I don't want to know where I would be. Many thanks to God, Kelsey Raab, Hannah Bush, Mrs. Osman, ECHS FCCLA, my family, my friends, Ms. Staley, Teresa Mankin, Dr. Wild, Kristen Staley, Kristina Martin, Ms. Dyer, 2008-2009 SEC, 2009-2010 SEC, Mrs. Knotts, Amy Underwood, Sunman-Dearborn School Corporation, and all who have came into my life through FCCLA. You all rock!

Love, Jenny Abplanalp

As a State Officer I would not have made it through the year without support. Thank you to everyone who believed in me this year. Thank you to every member, advisor, alumni, and parent. Having you in my life has made a difference. Without you this year would have been impossible. Thank you Indiana FCCLA, for everything.

-Hanna Kane

2009- 2010 Indiana FCCLA
First Vice President

Indiana FCCLA, I would like to take this time to thank you for all of your hard work. More individually, however, I would like to thank my three advisors, Mrs. Morgan, Ms. Blanton, and Mrs. Sheckleton. Thank you so much for all of your hard work and dedication to Indiana FCCLA. I would like to thank my mother and father, for the nights that they stayed up with me and studied for tests and helped me get things done, you're the best parents a kid could ask for. Finally, I would like to thank my chapter, my school, and my community for being supportive of Indiana FCCLA. Thank you so much!

-Erika Humphrey

Thank you so much to everyone who has made my dream of becoming an Indiana FCCLA State Officer come true! Mrs. Crane, thank you so much for supporting me through good and bad times. Without your

help and guidance, I would not be the person I am today. Mrs. Miller, thank you for being my advisor this year. Mrs. Osman, thank you so much for all of your help and patience with me this year. I do not know what I would do without you. Ms. Dyer, Dr. Wild, and the State Executive Council, thank you all for your guidance and time this year. I will treasure the memories made at our meetings for the rest of my life. To my family and friends, thank you so much for all of your support and encouragement this year. You never let me give up and made me reach for the stars. To God, thank you so much for giving me the strength and courage I need and for molding me into the person I am today. And to Indiana FCCLA, thank you so much for making this organization such a pleasure to be part of.

-Kelsey Kramer





The Indiana FCCLA State Executive Council CONGRATULATES the Indianapolis Colts who made it to the Super Bowl!

Thank you Indiana FCCLA for a year full of fun, leadership, and memories! We will miss you...Continue to Shine!

Southmont High School has continued their "SMILE" project (Sharing Moments in the Lives of the Elderly) by going the Lane Nursing Care Facility once a month on a Saturday to do craft projects with the residents of the health care facility. During October through March, FCCLA members select appropriate crafts to assist the residents in creating items to take to their rooms. FCCLA members wrote a grant to help with the funding of the projects. This is a great project for us to spend some time with the elderly.



Southmont High School FCCLA members sponsored a “Health Kits for Haiti” and a “Hats for Haiti” Day to help meet the needs of the victims of the earthquake in Haiti. Students, administration, and staff pitched in and completed 100 health kits and over \$300 in donations in one week. The kits and the donated money were sent to Haiti through two local churches.



Members of Southmont Senior High FCCLA, National Honor Society, and Key Club sponsored the annual food drive between Nov 16-24, 2009. The proceeds from the food drive go to two local food pantries in the county. With the current economy the Mountie Food Pantry was down to bare shelves before Thanksgiving and was most grateful for the donations from Southmont students and staff. The classroom donating the most items was rewarded with a healthy breakfast provided by the foods class.



Members of Southmont Senior High FCCLA and Student Council cosponsored the school's fall formal on No-



vember 7. The theme of the dance was "Mardi Gras." Eve-



ryone enjoyed planning, decorating, and coming to the dance. The dance was attended by 350 students. This is our main fund raiser for FCCLA.

Each year for the past 12 years, Southmont FCCLA has been a contributing organization that supports the Montgomery County Extension Homemakers group in the Annual Nutrition Project for low income families. Twenty five families are selected to attend the event. The event includes a program of teaching the families about good nutrition, how to use their commodities, be wise consumers, and this year it included coupon shopping. After the lessons approximately eight student and adult groups

provide booths where participants can learn to make inexpensive gift ideas. A lunch is provided and families go home



with bags of groceries, small decorated Christmas trees and other gifts.



At the FCCLA booth, families made and decorated felt Christmas stockings and angels.





In the Picture: Olivia Berry, Saje Hall, Hannah Reed, Patty Yuzon, Madison Erb, Tina Friedline, Whittany Hayes, Michael Hatfield, Vanessa Manalo, and Leslie Yuzon with their blankets and beanies at Project Linus.

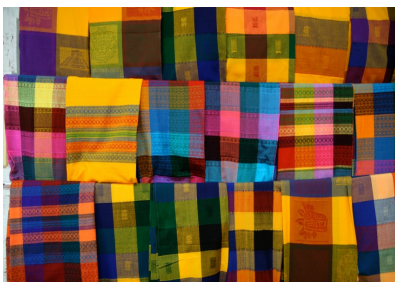
Western FCCLA has had a busy Thanksgiving season. They have been giving thanks for the ability to be able to help others. They started their marathon week of community service on Saturday, Nov. 21. FCCLA members, FCCLA Adviser Brenda Pullen and her husband Troy Pullen worked with

them up for delivery. We have been working with Project Linus for over a year and



Michael Hatfield learning to crochet for his very first time with Madison Erb.

enjoy it very much.



the Kokomo Project Linus group making blankets for children in the hospitals or in need. We have donated over 100 blankets since August. The part we enjoy most is matching up a beanie baby to the pattern of the blanket and wrapping

The students are also crocheting around fleece blankets and have found crocheting to be a very relaxing activity in this stressful season. Sometimes the greatest fun is un-knotting some of the yarn.

Two days later, on Monday evening, FCCLA members, Adviser - Carol Greenburg, our Chapter Mother - Joanne MacLoed, and Mr. & Mrs. Pullen served Thanksgiving Dinner to the Mental Health Association Social Club. It was great fun and we enjoy going to the MHA four times a year. Many of the clients have begun to recognize our students and many of our members get greeted with hugs when they arrive. We especially enjoy going when the Elvis impersonator is there. It is amazing to see how much Marty sounds like Elvis and how he relates to the clients.



Photographed: Carol Greenburg, Troy Pullen, Joanna MacLeod, Paige Macleod, Tina Friedline, Patty Yuzon, Erin Thomas, Brittany Richards, Michael Hatfield, Hannah Reed, Madison Erb, Olivia Berry, Saje Hall, Leslie Yuzon, and Whittney Hayes serve at the Mental Health Association Thanksgiving Dinner.



Photographed: Laura Scott, Tina Friedline, Madison Erb, and Michael Hatfield serving Thanksgiving dinner.

On the eve of Thanksgiving, ten FCCLA members, JoHanne MacLeod, and Troy and Brenda Pullen were serving Thanksgiving dinner at the Briarwick Community Club. It was especially fun when we blew the circuit breakers and the lights went out.



Photographed: The desserts and drink crew .

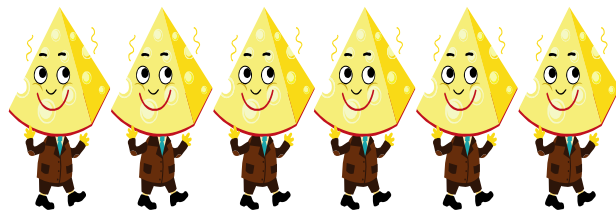
We finished up the 8 day marathon with making cheese balls for We Care. It was such fun to know that we helped to make almost 2,000 cheese balls. Patty Yuzon's comment was a wish to never see cream cheese again....until they gave her a sample of one of the cheese balls she had helped to make. She will surely be ready again by next November.



Photographed: Ally Cherry, Tina Friedline, and Patty Yuzon



Photographed: Olivia Berry and Madison Erb along with the Delta Theta Tau Mu Omega Chapter, making We Care cheese balls.



Photographed: Ally Cherry, Madison Erb, Olivia Berry, Leslie Yuzon, and Vanessa Manalo, at the We Care cheese ball making.

We were equally active during the Christmas Holiday. We started the Season with a crocheting party at Madison's house as we were making blankets for Project Linus.



Photographed: Michael Hatfield, Hannah Reed, Madison Erb, Olivia Berry, Saje Hall, and the Project Linus Coordinator, Jan Duchateau

The next day we went to wrap beanie babies in the blankets and



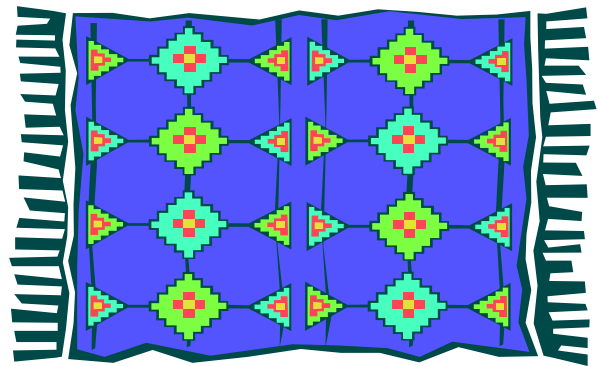
Photographed: Madison Erb and Olivia Berry on Christmas morning sacking lunches.

get them ready for hospital deliveries. During winter vacation, we helped cook

and serve lunches five days for the Kokomo Urban Outreach feeding the children who would not get to eat since there was no school.



Photographed: Alex Myers, Mr. Myers, Kayce Myers, Olivia Berry, Madison Erb, and Paige MacLeod



On Christmas morning we worked with about 100 other volunteers to make sack lunches for home delivery to the needy. We made 1500 sack lunches in 30 minutes, and as those were delivered door to door, we stayed at the church to wrap Christmas gifts. As the sack lunches were delivered, a short visit with the people would let us know who in that unit needed Christmas gifts. We took those orders, selected items from our supply, and wrapped them for delivery. We provided multiple gifts for 43 people in one trailer park on the north end of Kokomo. New Years Eve at the Urban Outreach was a Celebration Buffet and these people had never been fed so well before....neither had I. We even had fortune cookies which the kids really enjoyed. Sunday evening we served a meal at Pine Valley for 140 in hopes to help the kids be alert for school the next day. Kokomo is an auto town that is mostly out of work. Unfortunately, our needy children count has tripled in the last year. Our members also worked the Blasius We Care Christmas Home to earn money for our city fund.

This holiday season has been wonderful as we have been giving thanks all around Kokomo. Western has had FCCLA for 60 years and has been the home of many district and state officers. We are truly training these students in leadership skills to aid in any job they might enjoy after high school. Mrs. Pullen has been the Advisor of the Western FCCLA for the last 22 years and has been teaching at Western for the last 39 years. This is a fantastic group of young adults and we are very lucky to have them.

Tri-Central FCCLA helped raise money for Cystic Fibrosis. Members held a contest in conjunction with the middle school students. The contest was that the middle school 1st period class that sold the most hearts won a breakfast party. Many of the middle school students were generous and raised all that they could. FCCLA was very grateful to the middle school for being very thoughtful to those in need of help. Tri-Central FCCLA chapter's goal was to raise \$500.

Written by: Amanda-Jo Garling and Tayler Winters

Every year FCCLA members come together in order to show our communities what FCCLA is all about! Throughout the year chapters participate in many community service and various other projects, but one week of the year stands apart. FCCLA Week is an annual event in all of our communities and a great time to raise money for the National Outreach Project. Which is the Children's Miracle network for the 2009-2011 school years.

This year's Mt. Vernon High School FCCLA members took charge and put together various activities in order to raise support for FCCLA and raise support for the Children's miracle network.

First off members sold tiny little Valentine Day trinkets such as pencils & cards during lunch. In addition during lunch periods MVHS FCCLA held a weeklong silent auction selling items such as goodies bags filled with valentine treats, stuffed animal with a balloon, gas cards, and more! People were able to com-

pete all week to out bid each other in order to raise money for the Children's Miracle network..

In addition to the FCCLA week festivities MVHS FCCLA members have spent the past month making Valentine gifts for elderly at Brandy Wine Nursing home in Greenfield, IN. Each year members make these for the patients and deliver the gifts to the patients in person one afternoon after school. This is and always has been a great experience for members.

As this years FCCLA week has wrapped up members celebrate another successful FCCLA week and can't wait for next year!

Southmont Junior High's FCCLA chapter hosted our fifth annual Sweetheart's Dance during FCCLA Week. Every year, we plan and host the dance, and then donate a portion of the money we make. This year, our profits will be going to the March of Dimes. We have a D.J., refreshments, and a lot of fun. Typically, the dance is semi-formal, but this year it was casual dress due to weather circumstances. The junior high FACS class spent two days preparing the food, and FCCLA members stayed after school to decorate. Overall, it is a great way to get all of the members and other students involved in FCCLA Week. Along with the dance, we have an FCCLA appreciation breakfast for the members, a teacher appreciation day, and dress up days for all of the students.

The East Central Family, Career, and Community Leaders of America (FCCLA) held a Troops Drive again this year from November 9th to 13th. This drive was organized by Trisha Lecher and Stephanie Horner to help our local soldiers overseas. They asked students and staff to give addresses of anyone in the military so they could receive a care package. About \$180 was raised during a bake sale to pay for postage. There were 593 items donated this year by the students and staff, as well as our community. A variety of snack foods, personal items, and magazines were collected. The committee packaged up boxes and sent them to seven soldiers overseas.



Trisha Lecher and Stephanie Horner, East Central FCCLA members were packing items for the troops overseas.

FCCLA Troops Drive Committee Chair, Trisha Lecher said, "I'm really glad this project has been a success all three years that I have done it and I hope it's continued in the future." The students have already received a thank you note which truly shows what this means to our soldiers. This project served as one of many community service projects conducted during the year by the East Central FCCLA.

Family, Career, and Community Leaders of America is a dynamic and effective national student organization that helps young men and women become leaders and address important personal, family, work, and

societal issues through Family and Consumer Sciences Education.



The organization has more than 225,000 members from 50 state associations and the District of Columbia, Puerto Rico, and the Virgin Islands. Since its founding in 1945, Family, Career, and Community Leaders of America has involved more than ten million youth.

Family, Career, and Community Leaders of America is unique among youth organizations because its programs are planned and run by members. It is the only national in-school organization with the family as its central focus. Participation in national programs and chapter activities helps members become strong leaders in their families, careers, and communities.

A committee with representatives from the three schools in Dearborn County (Including East Central FCCLA) met to plan the Youth Leadership Summit. The committee partnered with Dearborn County CASA to help pay for this event. They decided they wanted three interactive sessions that taught students about the problems with drugs, alcohol, and violence and how to solve these problems.

The committee split into different sessions with students from each school in the community to run them, Brittany Callahan, Kelly Weigel, and Jenny Abplanalp represented East Central FCCLA. On February 3, 2010 seventy-five students from the three high schools in Dearborn County came together for a Youth Leadership Summit.

During the day students learned about who drugs, alcohol, and violence affects; not only them but the others around them. They

were taught the effects of bullying then came up with ways to stop it. The final session focused on the forty developmental assets. After the three sessions were over everyone came together for lunch including local judges, prosecutors, principals, superintendents, and CASA and Yes Home representatives. We then talked about our project where we will put silhouettes up of honorable adults and students in our community with sayings on them about not doing drugs and alcohol and not participate in violent acts.

The students had a great time while learning very important facts! The students are ready to take action to prevent drug and alcohol abuse and the violence it creates. The adults were very proud and impressed with students wanting to help with the problems in our community. We will have another one next year!



East Central Students Held Bake Sale and Collected Winter Items for Baby Basket

East Central Family, Career, and Community Leaders of America (FCCLA) held a bake sale to raise money to purchase needed items for the Baby Basket in Aurora. Several FCCLA members stayed after school to bake cookies, brownies and cupcakes. The bake sale raised over \$125 which was used to purchase items like coats, hats, gloves and diapers.

In addition, FCCLA chapter members, school and the community were asked to donate new or gently used winter clothing for children to benefit the Baby Basket. Over 200 items were donated to help the children of our community. Clare Struewing, Kelly Weigel, and Conner Struewing, Freshman FCCLA members have organized this successful project. The items were delivered to the Baby Basket. All three young ladies felt this was a wonderful way to help our community and make a difference in local children's lives, especially with our recent cold and snowy weather!

The Baby Basket is a not-for-profit volunteer organization operating for the benefit of families in need of additional resources. The Baby Basket "store" offers new and used clothing for babies and toddlers up to 4T, as well as equipment and other essential supplies. It is located near Aurora by the Recycling Center.



In picture from Left to right is: Conner Struewing, Clare Struewing, Kelly Weigel, (FCCLA Members) and Becky Goodwin (Baby Basket Volunteer)



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Sunman Dearborn Middle School Students Hold Bingo at North Dearborn Village

On February 8, 2010, thirteen members of the Sunman Dearborn Middle School Family, Career, and Community Leaders of America (FCCLA) members visited the North Dearborn Village. The group served dessert and played bingo with the residents.

Sarah Lehman, 8th grader and SDMS FCCLA Chapter president, said "I really enjoyed being with the residents and watching them have fun!" Over 20 North Dearborn Village residents attended the event. This event was funded by a grant from the Dearborn County CASA.

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On December 3, 2009 the East Central High School FCCLA, Family, Career and Community Leaders of America, helped the residents of North Dearborn Village decorate their Christmas tree. While holiday music played, students and senior citizens alike sang along. This is an annual event for East Central FCCLA members. "I love decorating the North Dearborn Village Tree, because I love bringing Christmas cheer and smiles to the faces of the residents there," said high school senior, Jenny Abplanalp.



Yule Ball

On Friday December 11th 20 FCCLA members and 48 senior citizens danced the night away. The East Central FCCLA chapter decided that once again they wanted to hold an annual formal for the North Dearborn Village. Seniors Megan Bischoff, Bridget Hartman, and Josie Weiler were ready to take on the planning of this event. These girls recognized that the community, especially high school students like themselves, needed to spend more time helping others. They realized that the residents of the North Dearborn Village could use some companionship and festivity. The trio planned a dinner and organized a dance to complete the evening. When the day of the Yule Ball arrived the girls were busy cooking pork tenderloin, herb encrusted chicken breast, stuffing, au gratin potatoes, and mixed vegetables. Committees were put in charge of different foods as well as decorating. The night went by beautifully with the high school students dressed in their formal attire to serve dinner and later dance with the residents. Not only did the students dress to impress, but the members of the North Dearborn Village also put their best foot forward. "The Yule Ball was an amazing experience. I learned so much about myself and about the residents at North Dearborn Village.", commented senior Hannah Bush when discussing the evening. The

FCCLA members hope that the residents of the North Dearborn Village enjoyed their Yule Ball and will welcome the chapter back next year.

Feed The Hungry

Can you imagine not knowing when or where your next meal is going to be? Do you know what it's like to be homeless, wandering in the cold while carrying your child? Our goal is to help the less fortunate, struggling families in our community by supplying food for them. Rossville FCCLA members, Chelsea Denham, Elizabeth Hurley, Chelsie Gordon, and Shannon Stull are participating to help feed the less fortunate in our community. They have raised money to purchase and cooked food to serve at the Lafayette Urban Ministry. About 50 people were served at the homeless shelter. In December they served at the Ministry of Hope in Clinton County, an outreach of the Kokomo Rescue Mission. In addition they have washed toys so that children would receive Christmas gifts. They have worked and donated their time for the "Bountiful Harvest" for needy families here in Rossville. Members provided childcare for families while they "shopped" at the "Harvest" for food and clothing. They have worked with Nurse Murphy and Rossville Lions Club to purchase Christmas gifts for the school's Christmas Angel Program. This program buys gifts for the needy children in the Rossville area. Also in December FCCLA held a MS Dance at which students gave canned goods for the Rossville Food Pantry.

The girls are currently planning to hold another fundraiser called "Souper Bowl" the week prior to the Super Bowl. Listen to announcements or check the school website at www.rcsd.k12.in.us for more details. FCCLA members are also going to be asked to "Can the Principal" in which we are going to be asking the MS students to bring in as many canned food items as they can during Super Bowl week, to fill up Mr. McCracken's office and eventually fill it com-



“We Just Do It” That is the theme for the Winchester Community HS FCCLA chapter this year as they are often called upon to “do” something for the school or community. And when asked, we deliver. We may be asked to help at a ball game or to make a meal for the faculty. Helping out at the local community festival, participating in the Homecoming parade or making spirit scarves. Just ask...and **FCCLA will DO IT!!!**



The Indiana FCCLA State Officers can't wait to see you at State! Get ready for a weekend full of leadership and adventure! Become the ultimate SURVIVOR!